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A promotional image for the Q104 radio station. On the left, a man with long dark hair and a goatee, dressed as Jesus in a white robe with a red sash, stands with his right hand open. The background is a bright blue sky with white clouds and several blue rays of light emanating from behind him. On the right side of the image, there is a large, stylized red 'Q' with a white outline. Below the 'Q' is the word 'Almighty' in a large, black, gothic-style font. At the bottom right, there is a block of text in a bold, sans-serif font.

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PAGE 3


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## SMU FALLS SHORT IN FINAL

University of New Brunswick Varsity Reds goaltender Daniel LaCosta stops a shot as Saint Mary's Huskies forward Lucas Bloodoff rushes the net in the final of the University Cup in Saskatoon on Sunday. Saint Mary's lost 2-0 and comes home with the silver medal. Story, page 15.

LIAM RICHARDS/THE CANADIAN PRESS

## 'Difficult' fire put down at Halifax home

**Preston Street.** No injuries as firefighters face smoke and flame

**On duty**

Over a dozen firefighters helped put out the blaze.

It took Halifax firefighters close to an hour to gain control of a blaze in the central part of the city on Sunday.

Halifax Regional Fire was called to the blaze at 1977 Preston St. at about 7:30 p.m. When they arrived, smoke and flames were coming out of the two-story, multi-unit house.

"It was brought under control in about 45 minutes," said Pat Keating, acting division commander for Halifax fire.

"It wasn't a large fire. It was more of a difficult fire," he later said. "It was a difficult one to access and a difficult one to extinguish."

Investigators will be on scene Monday looking for

an official cause, but Keating said it appears the fire started somewhere in a wall. He said most of the damage, which he described as extensive, was contained to the upper floor and roof area.

"It's definitely salvageable," he said of the house.

There was one tenant inside the building when the fire happened but he was able to get out safely, Keating said.

A tenant who lived in the house but wouldn't give his name said four people in total lived inside. He said he believed the fire started in the chimney.

PHILIP CROUCHER/METRO


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## IRISH I HAD A DRINK: ST. PADDY'S ON A SUNDAY

**Going green.** People line up early to celebrate the Emerald Isle



**HALEY RYAN**

haley.ryan@metronews.ca

It's just past noon on Sunday, and Durty Nelly's is packed with people wearing green shirts, tiaras and strings of beads in the name of St. Patrick.

No one here is taking it easy on the holy day of rest.

"No, Irish never worry about their souls. As long as you've got a Guinness, you're all right," Ken McCarthy said with a laugh.

Originally from Ireland, McCarthy said he loves going to the pub every March 17 with his family and having a few pints to "celebrate the

home country."

McCarthy said he thinks the holiday is so popular because of the personality of the Irish.

"We are just a happy-go-lucky, take it as it comes kind of people and everybody likes that trait," McCarthy said. "So if you are (Irish) or you want to be, you celebrate the day with us."

Fellow Irishman Joe McGuinness, owner of Durty Nelly's, said he isn't sure why people flock to bars on St. Patrick's Day, but admitted "they want to hang out with us right, because we're tons of fun."

"The whole objective is to get out and have a good time and we know how to do that," he said.

Many got an early start to the fun. People began lining up outside the pub at 6:30 a.m. and when the doors

opened at seven, McGuinness said about 75 people streamed in.

"We're well on our way to our record sales, definitely," he said.

At the nearby Old Triangle, Jessie, who wouldn't give her last name, said she hadn't

planned on staying, but her good intentions went south as soon as the music began.

"I was planning for one drink but as soon as I got here and heard 'It's the B'y that builds the boat,' and the first beer hit my lips, I knew that wasn't the end of it," she said.

### Get your day-drunk on

"What you can do when you come out early is get a nice day-drunk on, then you can go home and sleep and be ready for work the next day."

Jessie, patron at the Old Triangle, who wouldn't give her last name

### Keggers on the roof

"We're drinking on the roof, maybe going to a few keggers, but just staying outside because it's always nice out."

Erin Bros



A.J. Campbell shows off his glasses at the Old Triangle Pub in Halifax on Sunday. DEVAAN INGRAHAM/FOR METRO

# 1 NEWS

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## Two seriously injured. Alleged drunk driver smashes BMW into taxi

Police are again reminding the public about the dangers of drinking and driving after a head-on collision between two cars Sunday morning in Dartmouth.

Police also say it's lucky no one was killed in the accident between a BMW Sedan, allegedly driven by an impaired driver, and a taxi.

"Obviously drinking and driving is extremely important to us. Countless lives are lost every year after this very thing," Halifax Regional Police Staff Sgt. Reid McCoombs said.

Police say the 29-year-old driver of the BMW was on Portland Street turning onto Pleasant Street where a 58-year-old female cab driver in a Chevy Impala was stopped at a red light around 2:30 a.m.

"He kind of took the turn too wide and she was stopped facing the other way at the light

### Driver released

The 29-year-old driver of the BMW is charged with impaired driving causing bodily harm. He has been released to appear in court in April.

when he struck her front end," McCoombs said.

McCoombs said they believe all six passengers in the BMW had been drinking, including the driver.

Although the injuries weren't life threatening, the driver of the taxi and a passenger from the BMW suffered serious injuries and were still in hospital late Sunday.

Both cars were extensively damaged and McCoombs said the driver of the BMW was arrested on scene.

KAYLA WOODSIDE/FOR METRO

## Armed with knife. Halifax man accused of breaking into south-end residence

Police in Halifax have charged a man after he allegedly broke into a south-end residence armed with a knife.

Police say officers were called to South Park Street around 4:45 a.m. Sunday after three occupants of a residence reported seeing a man standing in their kitchen holding a knife.

They say the man did not say anything or cause them physical harm.

The occupants, two 21-year-old women and a 20-year-old man, ran to a

### Suspect charged

A 42-year-old man from Halifax is facing charges of break-and-enter and possession of a weapon dangerous to the public.

bedroom and called police as the suspect fled the scene.

Police say officers recovered the weapon and arrested a man matching the suspect's description without incident near the scene.

THE CANADIAN PRESS



The McDonald's Restaurant on Quinpool Road was one of four places held up Saturday over a seven-hour period. DEVAAN INGRAHAM/FOR METRO

## Man charged with robbery, fleeing police after crime spree

**Claimed to be armed.** Suspect fled with cash each time, cops say

KAYLA WOODSIDE  
halifax@metronews.ca

A Halifax man facing close to a dozen charges after a rash of robberies in the city over the weekend is also now accused of trying to escape from police custody.

Police say the man was being escorted from an interview room on the second floor to the booking detention area inside Halifax Regional Po-

lice headquarters Saturday at 11:30 p.m. when he got away from officers, went through a back exit door and then ran into the exterior gated compound.

"As they were walking down he just bolted from the two officers and ran out the side exit door. They were able to catch up with him literally 50 yards from the door," said Halifax Regional Police Staff Sgt. Reid McCoombs.

McCoombs said it was the same two officers he fled from that took him back into custody.

The man is now facing an additional charge of escape from lawful custody and an-

### Unlucky number

13

The number of charges the 27-year-old man is facing. He'll appear in Halifax provincial court Monday.

other breach of probation.

In relation to the robbery spree, police were called to four robberies over a seven-hour period in central Halifax on Saturday, and in all of the incidents, it's alleged the suspect either produced a knife or said he had a weapon on him.

The first robbery was at the McDonald's at Quinpool

Road at 5 a.m. From there, the Superstore on Quinpool Road was held up, followed by the Irving, then Shell gas stations, both on Robie Street.

Police say after the last robbery at Shell, which took place around noon, officers were able to identify a suspect and at 1 p.m. the 27-year-old was arrested after leaving his Brunswick Street residence.

No one was injured in any of the four robberies.

He's charged with four counts of robbery, four counts of breaching probation and three counts of possession of a weapon dangerous to the public.

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## Blame Bettman. Beer sales down because of NHL lockout, NSLC says

Nova Scotia's Crown liquor corporation says the NHL lockout was largely to blame for lower beer sales in its third quarter.

The Nova Scotia Liquor Corp. says beer sales were down 1.1 per cent between Oct. 1, 2012, and Dec. 30, 2012, compared to the same period in 2011.

The corporation says even a small dip is significant because beer accounts for more than 40 per cent of its overall sales.

The NHL returned to the ice

### Profit drop

## \$500K

The liquor corporation says its income for the third quarter in 2012 was \$60.8 million, down by \$500,000 compared with 2011.

in mid-January after a battle between the league and players that lasted for nearly four months.

THE CANADIAN PRESS

### Cabinet shuffle

## Retirement of More causes changeup

Premier Darrell Dexter has made a minor cabinet shuffle after his labour minister, a longtime NDP member, told him she would not run in the next election.

"It is time for me to retire and move on to other things," said Marilyn More, who was

first elected to the provincial legislature in August 2003.

"It's a very intense life and very exciting. It reminds me of Charles Dickens saying, 'It's the best of times, it's the worst of times.'"

Deputy premier Frank Corbett will take over as minister of labour and advanced education. Corbett will also become the immigration minister, a job More also held. THE CANADIAN PRESS

# Former N.S. cabinet minister pleads guilty, apologizes



Russell MacKinnon outside court during his trial last week. The former Nova Scotia cabinet minister unexpectedly pleaded guilty to breach of trust by a public officer on Friday. DEVAAN INGRAHAM/FOR METRO

## Expense scandal. Russell MacKinnon gets house arrest, probation

A former Nova Scotia cabinet minister who admitted to submitting nearly \$11,000 in false expense claims apologized Friday for taking up the court's time after he unexpectedly pleaded guilty in the province's spending scandal.

Russell MacKinnon was expected to resume testimony Friday morning on the fourth day of his trial, but the case was temporarily adjourned at the request of defence lawyer Joel Pink.

Before the case resumed, MacKinnon signed a one-page, handwritten agreed statement of facts in which he pleaded guilty to breach of trust by a public officer.

"I would like to thank the court for its indulgence in

these matters," MacKinnon, 59, told the Nova Scotia Supreme Court in Halifax. "I would like to apologize for allowing the matter to come this far."

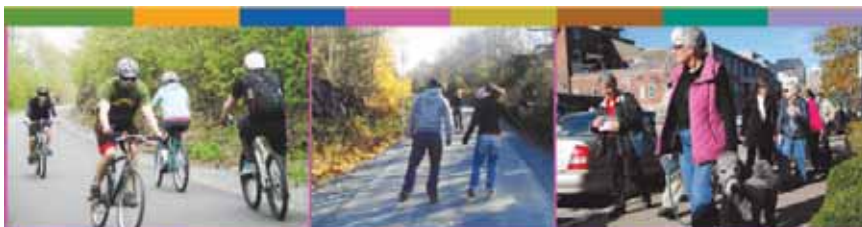
One count of fraud over \$5,000 and eight counts of uttering forged documents were withdrawn.

MacKinnon was sentenced to an eight-month conditional sentence to be served in the community followed by a year of probation. The conditional sentence includes four months of house arrest and a four-month curfew.

Judge Felix Cacchione told the former Liberal politician it was "unfortunate and tragic" that someone of his stature would have a criminal record.

Pink said he decided to seek the plea bargain after reflecting on how the trial was proceeding and following a telephone conversation with the Crown and MacKinnon's wife, NDP legislature member Michelle Raymond.

THE CANADIAN PRESS



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## Active Transportation Plan Review

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| March 21 | Olympic Community Centre, 2304 Hunter Street, Halifax     |
| March 25 | Dartmouth Sportsplex, 110 Wyse Rd., Dartmouth             |
| April 2  | LeBrun Centre, 36 Holland Ave., Bedford                   |
| April 4  | Trinity Anglican Church Hall, 321 Main Avenue, Halifax    |
| April 10 | Lions Den, 101 Old Beaver Bank Road, Lower Sackville      |

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Trent Mays, left, gets a hug from his father after being found delinquent. Ma'lik Richmond, right, hugs his mother. KEITH SRAKOCIC/POOL/THE ASSOCIATED PRESS

## Two minors found guilty in rape case

### Steubenville, Ohio.

Pair sentenced to at least a year in juvenile jail in highly scrutinized case

Two members of a high school football team were found guilty Sunday of raping a drunken 16-year-old girl in a case that bitterly divided an Ohio city and led to accusations of a coverup to protect the athletes.

Steubenville High School students Trent Mays and Ma'lik Richmond were sentenced to at least a year in juvenile jail, capping a case that came to light via a barrage of morning-after text messages, social media posts and online photos and video that drew global attention. Mays was sentenced to an additional year in jail on a charge of illegal use of a minor in nudity-oriented material.

The length of their sentence beyond the minimum will be decided by juvenile authorities.

Mays, 17, and Richmond, 16, were charged with digitally penetrating the girl, first in a car after a party on Aug. 11 and then in a house.

The teenage girl testified Saturday that she could not recall what happened but remembered waking up naked in a strange house after drinking. She said she dis-

covered her phone, earrings, shoes and underwear were missing.

In questioning her account, defence attorneys went after her character and credibility. Two former friends of the girl testified that the accuser had a history of drinking heavily and was known to lie.

The accuser was photographed being carried by Mays and Richmond, an image that stirred up outrage as it spread online. Others have testified the photo was a joke and the girl was conscious.

The photo led to allegations that three other boys saw something happening that night and didn't try to stop it but instead recorded it. None were charged, fueling months of online accusations of a cover-up to protect the football team.

The teens were granted immunity to testify and helped incriminate the defendants.

Prosecutor Marianne Hemminger criticized efforts by the hacker collective Anonymous to publicize the case, saying the extra attention led to a chilling effect on those willing to testify. Protesters stood outside the courthouse Sunday morning, some wearing masks.

Ohio's attorney general said he planned to investigate whether anyone else should be charged.

THE ASSOCIATED PRESS

## Five arrested in gang rape of tourist in India

Police said they arrested five men Sunday in connection with the gang rape of a Swiss woman who was attacked in India while on a cycling vacation with her husband.

All five men admitted to the attack, which occurred Friday night as the woman and her husband camped out in a forest in the Datia district of Madhya Pradesh state, said D. K. Arya, a senior officer.

Arya said the men, who are from nearby villages, were

arrested in Datia. Police were searching for two other men believed to have been involved in the attack, he said.

The couple told police that the woman had been raped by seven or eight men but that it was dark and they could not be sure of the exact number, Arya said.

The men beat up the husband, tied him to a tree and then raped the woman, police said. They also stole the couple's cellphone, laptop and

10,000 rupees (\$185 US). Police said they recovered the laptop and phone from one of the men who was arrested.

The woman, 39, was treated Saturday at a hospital in the nearby city of Gwalior and was released that day, police said.

Prior to the attack, the couple had visited the temple town of Orchha and were planning to cycle to Agra to visit the Taj Mahal, nearly 210 kilometres away.

THE ASSOCIATED PRESS



Children at a protest against abuse. BISWARANJAN ROUT/THE ASSOCIATED PRESS

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## Tory horn-tooting. PCO stole Parks Canada's spotlight: Documents

The Privy Council Office micro-managed a media event staged by Parks Canada, trying to erase the venerable agency from a public announcement while promoting Stephen Harper's Conservative government, internal documents show.

The incident is a case study in communications control from the centre, a signal feature of the Conservatives since they came to power in 2006.

The event was an Oct. 17, 2011, news conference in Halifax to announce an agreement to transform Sable Island, a fabled sand crescent 290 kilometres off Nova Scotia, into a national park reserve.

The deal had been meticulously negotiated by Parks Canada with the Nova Scotia government over the course of a year, and proud officials wanted a splashy announcement as a way to celebrate Parks Canada's 100th birthday in 2011.

A media event was planned months in advance, with En-



Environment Minister Peter Kent  
THE CANADIAN PRESS FILE

vironment Minister Peter Kent and Nova Scotia Premier Darrell Dexter joining Parks Canada officials for speeches and a signing ceremony.

Alas for Parks Canada, the carefully worked plan started to unravel days before the event when a vetting team at the PCO began to pick apart the agenda, the news release and two background documents, demanding changes. A PCO note said to purge all three Parks Canada officials from the dais, and to find a politician to be the MC.

THE CANADIAN PRESS



## Will and Kate salute St. Paddy

Prince William and Catherine, Duchess of Cambridge, attend a St. Patrick's Day parade by the 1st Battalion Irish Guards on Sunday in Aldershot, England. The Duchess of Cambridge said Sunday that she doesn't know the sex of her first child — but she hopes it's a boy. Prince William, however, would prefer a girl. PHOTO: GETTY IMAGES; TEXT: THE ASSOCIATED PRESS

## Keystone XL. Alberta makes case for pipeline in New York Times ad

The Alberta government, continuing to press its case for the Keystone XL pipeline, took out an ad in Sunday's New York Times newspaper, tying the controversial project to core American values and to U.S. pride in its military.

The half-page ad is headlined "Keystone XL: The Choice of Reason." It acknowledges the validity of environmental concerns, but stresses the \$7-billion pipeline is about much more than that.

"America's desire to effectively balance strong environmental policy, clean technology development, energy security and plentiful job opportunities for the middle class and returning war veterans mirrors that of the people of Alberta," reads the \$30,000 ad.

"This is why choosing to approve Keystone XL and oil from a neighbour, ally, friend and responsible energy developer is the choice of reason."

Stefan Baranski, a spokesman for Premier Alison Redford, said the ad was taken out

### Opposition

For U.S. pipeline protesters, the oilsands operations are a symbol of greedy, short-sighted thinking.

- Approving Keystone, they say, encourages producers to pursue high-carbon operations that will boost the greenhouse gases already causing climate problems like higher temperatures, superstorms and severe flooding.
- The New York Times agreed with that position in its editorial last Sunday.

to counter a New York Times editorial that ran a week ago urging U.S. President Barack Obama to reject the 1,800-kilometre TransCanada line.

"It's important for Alberta to get the facts on the table as widely as possible," Baranski said. THE CANADIAN PRESS

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# High-tech meets holy at the Pope's social-media office

**Vatican City.** Metro gets an exclusive visit with the people behind the pontiff's digital presence



**ELISABETH BRAW**  
Metro World News in Vatican City

As I walk into his office, Paul Tighe is on the phone with Apple regarding The Pope App. Yes, this is the Pope's social-media office.

And Monsignor Tighe's operation would put any newspaper to shame. In the office next to his, a team tweets, adds content to the news portal news.va, uploads photos to Flickr, fine tunes The Pope App (for Android and Apple devices) and monitors livestream video.

"We have the Habemus

## Quoted

**"Jesus went into the marketplace and preached the Gospel. Digital media is the new marketplace. We can't be afraid to go there."**

Monsignor Paul Tighe, head of the Pope's social-media operations

Papam tweet ready to be sent out," Miguel Chavarra, a young Spaniard, tells me. Sure enough, the very same evening, as soon as a cardinal has announced the magic words that make Jorge Mario Bergoglio Pope Francis, the tweet goes out.

"Today's news model is short news and lots of images, and that's good for the church," explains Tighe, an Irish priest who's been in charge of the Pope's social media operations — formally known as Pontificium Consilium de Communicationibus Socialibus — for the past five years. "The church

has always been very visual, and communications is like theatre. Just think of all the people waiting to see the black and white smoke."

Tighe's headquarters on Via della Conciliazione, in front of St. Peter's Square in Rome, illustrates the ironies of running the high-tech division of a millennia-old organization: it has a Latin name, but operates in Silicon Valley-speak.

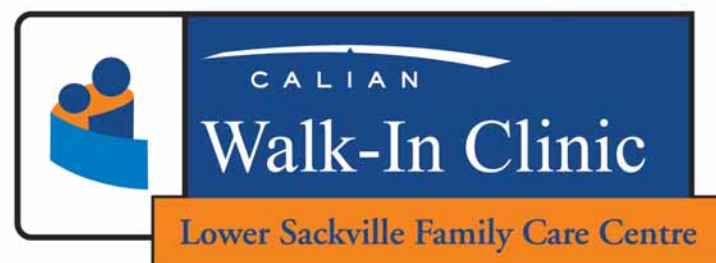
The mostly young staff, including several interns, of about 30 work on state-of-the-art computers in offices decorated with the ubiquitous pictures of the Virgin Mary.



This screen grab shows the Vatican's English language Facebook page. FACEBOOK

## Where to find the Pope

- **Web:** news.va
- **Twitter:** @Pontifex (Pope); @news\_va\_en (Vatican)
- **Facebook:** facebook.com/news.va, in different languages
- **iPhone, Android:** The Pope App (free)
- **Flickr:** flickr.com/photos/newsva



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## Ask the Experts

### Selling Your Gold Jewellery... But at What Cost?

This Ask the Experts segment will focus on what is a fair cost is for selling your gold and silver.

Consumers are used to paying a price for 'convenience'. Buying a litre of milk at the corner store usually comes with a cost for convenience. But would you buy all your groceries at there just because it was convenient? Not likely. So using that same logic, you wouldn't walk into any place and sell your unwanted gold and silver items, would you?

Just turn on the radio or open your local paper and you're bombarded by companies screaming "TURN YOUR GOLD INTO CASH!" Amazingly, they all claim to pay "TOP DOLLAR". For all their flashy ads, these antique roadshows and coin collector companies are right about one thing - the skyrocketing price of gold has people wondering how much their gold is really worth.

Recycle Frog, an Ottawa-based gold and silver buyer, was founded by ex-Royal Canadian Mint employees. Their business is built on providing a new way to sell unwanted gold and silver jewellery without fear of being financially penalized.



Convenience shouldn't have to come at a hefty cost. Instead of penalizing their customers, Recycle Frog provides a convenient and financially rewarding way for consumers to sell their old gold and silver with payouts consistently 15-20% higher than the industry average.

Their customers appreciate the way they're treated from the time they call, right through to the friendly face they see during their expert material evaluation. It's that familiar and professional experience that really sets Recycle Frog apart from their 'competition'.

Attracting a new type of consumer required the creation of a new business model built on integrity, transparency and convenience. So that's exactly what Recycle Frog did.

You can schedule a private appointment at Recycle Frog's Halifax offices (647 Bedford Hwy) during regular business hours. For more information or, to find out about their upcoming events or to schedule an in-office appointment, visit [recyclefrog.com](http://recyclefrog.com) or call 902.405.4114.

If you've ever wondered how much that old or broken gold jewellery is really worth, then check out Recycle Frog. You'll be glad you did.



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# MACKINNON SHOULD'VE GOT JAIL TIME

What was he thinking? That he could baffle, buffalo, bamboozle past way too many inconvenient contradictions from too many witnesses with too little to gain to lie about what he'd done? That the law wouldn't apply to him because he'd been an MLA and Liberal cabinet minister?

On Friday — after four days of a scheduled five-day trial and in the middle of his own credulity-stretching testimony — Russell MacKinnon caved, signed a hastily cobbled together one-page written statement of agreed facts and copped to a plea of a breach of the public trust.

By the end of the day and after an apology that wasn't — “I would like to apologize for allowing the matter to come this far” — MacKinnon managed to walk away from it all with no jail time. Just a ruler-to-the-knuckles eight-month conditional sentence.

Huh?

Let's recap.



**URBAN COMPASS**  
**Stephen Kimber**  
halifax@metronews.ca

In 2006, MLA MacKinnon submitted \$3,400 in receipts for work done by constituency secretary Nicole Campbell. The problems: Campbell never did the work and never received the money. MacKinnon did.

He also submitted \$7,500 in receipts for work done by George MacKeigan, his executive assistant. Again, MacKeigan never saw the cash; MacKinnon kept it.

Four years later — after an auditor general's report triggered an investigation that led Canada Revenue Agency to issue T4A slips to MacKinnon's former aides for the payments they'd never been paid — the whole sordid mess unravelled.

At that point, MacKinnon doubled down on his deceit, showing up on the doorsteps of his former aides with cash peace offerings to make his wrongs right.

Even after that didn't wash, MacKinnon still had the audacity to take up valuable court time with his far-fetched versions and that-never-happened stories.

Until late Thursday when his wife, NDP MLA Michele

**After he offered his former aides money...**

**MacKinnon still had the audacity to take up valuable court time with his far-fetched versions and that-never-happened stories.**

Raymond, and his lawyer, Joel Pink, decided Judge Felix Cacchione wasn't buying the soap MacKinnon was selling.

“You watch your client, you watch the body language of the judge and you try to make a determination as to how the judge is reacting to the evidence,” Pink explained later.

Deal time.

Russell MacKinnon should have gone to jail.

Not so much for what he did. But for what he didn't do. Apologize.

And take real responsibility for his actions.

Pity.

## ZOOM

## A cool way to say goodbye to winter



DENIS TYRIN/THE ASSOCIATED PRESS

### Ice castle gets demolished

People storm a snow castle on Sunday during celebrations of Maslenitsa, or Shrove tide, outside Marfino village, some

52 kilometres north of Moscow.

Maslenitsa is a traditional Russian holiday marking the end of winter that dates back to pagan times.

**THE ASSOCIATED PRESS**

### Pagan tradition is popular

Celebrations include pancake eating (the pagan symbol of the sun), carnivals and the burning of scarecrows.

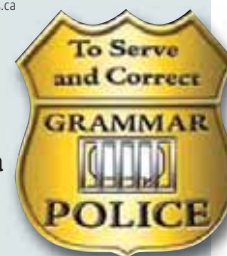
Despite the tradition's pagan roots, it has been integrated into the Orthodox calendar and survived the advent of Christianity and the Communist era that banned religions. **THE ASSOCIATED PRESS**

### Clickbait



**ANDREW FIFIELD**  
andrew.fifield@metronews.ca

**Woe to those who send tweets with reckless disregard for grammar. Because out there lurks a vigilant army of Twitter bots, each devoted to catching a common error and quick to publicly shame with a retweeted rebuke. Here's a few:**



### Your in America Bot (@yourinamerica)

Fun fact about people who don't know the difference between you and you're, yet still consider it their place to scold others on how to speak, eat and behave when “your in America”: They don't like being corrected, either.

### Stealth Mountain (@StealthMountain)

A personal favourite, Stealth Mountain's watchful eye has plenty of scorn for those who confuse sneak peek with “sneak peak.”

### CapsCop (@CapsCop)

“Looks like someone forgot the combination to their caps lock,” and “On Twitter no one can hear you scream,” are among the supply of chides CapsCop has for those who prefer to express their anger LIKE THIS.

### Letters

#### RE: Horse as the Main Course, published March 4

“The greatness of a nation and its moral progress can be judged by the way its animals are treated.”

This quote, attributed to Gandhi, illustrates the progress Canada could make if it took a more innovative and humane approach to the slaughter of meat animals by world standards.

We are known for peacekeeping, what about the end of life treatment of our meat horses? What about a more peaceful death? Horses require special end of life management, they are not cows but

rather are a prey animal and as such have heightened awareness.

Canada needs slaughter plants that are set up specifically for horses — tough job. Horses smell fear, smell blood, hear alarm vocalization and will jerk and throw themselves around to escape danger. Slaughterhouses are not quiet. Special floors cut down on hazards but slippery conditions cause horse falls and injuries. Slaughtering horses is dangerous for the human handlers. Horses will struggle and flip themselves to get away.

Canada can be the world leader in innovative horse slaughter practices and then in good conscience ship overseas.

**Marielee Wolfe, Calgary, Alta.**

**WE WANT TO HEAR FROM YOU: Send us your comments: halifaxletters@metronews.ca**





What has happened to Renton and crew in the last 20 years? HANDOUT

# Trainspotting, all grown up

**Sequel in the works.** Director Danny Boyle confirms a draft of a script has already been completed, film hinges on original actors coming on board



**NED EHRBAR**  
Metro World News in Hollywood

Those rumours about plans for a Trainspotting sequel are true, and there's already

a draft of the script done, director Danny Boyle confirms. "These guys who in their early 20s as characters took enormous risks with their selves, with their bodies — what you can ingest, what you get away with at that age — what's it like when you hit your 40s, when you begin to creak and osteoarthritis begins to set in?" Boyle says. "I think it will be doubly reflective because the actors will have aged — you'll be looking at them 20 years older — the characters will be locked, presumably, inside their world still in Edinburgh in some way, and

the audience of course will also be older. You'll go, 'Wow, what happen to that 20 years? Where did that go?'"

Novelist Irvine Welsh published a follow-up to the original novel in 2002 called *Porno*, though it's unclear if Boyle's film would have anything to do with that book. But original screenwriter and frequent Boyle collaborator John Hodge is already on board. "John will write it," Boyle says. "John's done an early draft. He's done a kind of exploratory draft on it, so we're starting to work on it."

But there is one major hur-

dle to the sequel going forward, as far as Boyle is concerned, and that's getting original stars Ewan McGregor, Jonny Lee Miller, Ewen Bremner and Robert Carlyle back together. "We haven't (secured anyone yet)," Boyle says. "I mean, we have to get the script right, because they will only do it if they think the script's good enough. I think. A few of them will obviously think, 'I shouldn't do that. If it's going to be disappointing, it would be really bad.' And they'll each make their own individual decisions. I think we won't do it unless we can get them all."



Director Danny Boyle says one major hurdle is getting the original actors on board. GETTY

2 SCENE

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Miley Cyrus

## Don't jump to conclusions: Miley's ring was simply getting repaired

Miley Cyrus has an explanation for why she was spotted without her engagement ring recently amid rumours of trouble between her and fiancé Liam Hemsworth. The ring was off getting repaired. Cyrus responded to a friend

on Twitter recently who was complaining about having to get her own engagement ring repaired, adding, "That's the worst! I just had a similar situation except when it happens to me then everyone says my wedding is off."

### Twitter



@EmWatson

Who here actually thinks I would do 50 Shades of Grey as a movie? Like really. For real. In real life.



@jason\_mrzc

Anybody got access to a kuala bear? Looking for a hug.



@Sethrogen

Call me crazy, but I prefer "Wrath of the Titans" over "Clash of the Titans."



@SarahKSilverman

I'm not going to let the fact that there's butter on my cell phone make me feel bad about myself & my choices

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### Pop goes the week

## Swift didn't get her mail and everyone else just got hacked



STARGAZING  
Malene Arpe  
scene@metronews.ca

**Matt Damon, John Goodman, George Clooney and Bill Murray go to dinner together.** That explains the in-depth comments about independent movies as well as the wry witticisms.

**Josh Brolin, Benicio del Toro, Bradley Cooper and Michael Fassbender go bar-hopping together.** That explains the trail of broken hearts, haphazardly dropped frilly undergarments and grease repellent.

**This week in cancelling and quitting.** 1) Rihanna cancels a couple of concerts due to laryngitis. 2) Vince Neil drops out of a Motley Crue concert due to kidney stones. 3) Emma Watson quits the Cinderella movie. 4) Justin Bieber cancels one of two Portugal shows due to lacklustre ticket sales.

**A number of celebrities,**

**including Beyoncé, Britney Spears, Donald Trump, Ashton Kutcher, Mel Gibson and Paris Hilton, have had their personal financial information hacked and posted on the web.** "OMG!" says Paris Hilton. "I knew it! I'm still a celebrity!"

**Sean Lowe, who is fresh off the Bachelor, will be competing on the new season of Dancing With The Stars.** It's good to know that he has his priorities in order and that they definitely don't include spending time with the woman he'll never marry.

**Jennifer Aniston's rep denies a story that Jennifer and Justin will be married in Hawaii really soon.** But did the rep deny the story that they'll be married by a warlock in the middle of a cheese pyramid? No, I think not.

**Ryan Lochte and Carmen Electra are dating.** They have a lot in common because he's a swimmer and she once wore a swim suit on Baywatch.

**Corerekshon.** When we reported that a pile of unopened Taylor Swift fan mail was found in a Nashville recycling bin we meant to add that Taylor Swift is never, ever getting back to you.

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Travel tidbit

## Get on the bus



**IT'S ALL RELATIVE**  
Kathy Buckworth,  
kathybuckworth.com

When visiting a new city, one of the best ways to get to know it quickly is via one of the oldest travel institutions: the tour bus.

I've taken tour buses all over, including New York City, London (England) and most recently, Philadelphia. All of them operate on the same basic premise: to get you to as many local attractions as they can, while providing you with historical facts (and usually a few laughs) along the way with an experienced tour guide. In Philadelphia, for example, the Big Bus Tour

was a double decker bus that travelled to the Liberty Bell, Benjamin Franklin's burial site, Independence Hall, even the Philadelphia Museum of Art for a run up the famous Rocky steps.

Most tour companies will offer a "hop on, hop off" option, allowing passengers to get off at prescribed stops near monuments, attractions, etc., spend as much time as they want and simply get on

the next bus.

Many tour companies also have packages that include discounted tickets, and sometimes VIP lines for the attractions where they stop. For families travelling with little children and their equally little legs, this is an easy way to absorb a city.

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Exclusively online

Apparently getting a Soho House membership is child's play vs. snagging you a spot in the toddler room at Alphabet Academy. Follow along with the comedic (mis)adventures of mommyhood with Reasons Mommy Drinks online at metronews.ca/voices



# Is your little one ready to graduate to a toddler bed?

**Sleep routine.** One sleep expert shares her advice for making the transition as painless as possible for you and your big boy or girl

**NATALIE SHURE**

Metro World News in New York

Easing your child through the transition from sleeping in a crib to a new bed doesn't need to be a nightmare.

Child sleep consultant Amy Lage has made a career out of helping families best approach this crucial moment in a toddler's life.

If your child cannot stay in a crib safely any longer (for example, your little monkey is making a great escape every night to crawl into bed with you) or is asking for a toddler bed, it might be time for Lage's advice.



One expert says age three is a great time to transition kids from cribs to beds. iStock

### Why is the transition from crib to bed so important?

We want to make sure that the entire family is getting as much sleep as possible, and that your children are well-rested. To avoid those

middle-of-the-night wake-ups, it's important to set the tone and do it right the first time. It keeps everybody on track.

### Your suggestion of letting

### a child pick out new sheets or a bed frame is an interesting idea. Do kids find this exciting?

Yes! Children are always a little nervous about the change. This makes them

feel in control of the situation, which is so important for toddlers. They are so often grasping for control in their lives.

### What sparked your interest in this topic? Did you have trouble transitioning your children?

I have a two-year-old and a two-month-old. The older one is actually still in her crib, and will stay until she asks to switch. In the sleep community, we really think it's important to keep children in their crib until they are really ready. I'm a big believer in waiting until three if you can.

### Why is three the number?

At three, you can reason with them. Before that, most kids really can't comprehend guidelines or why it is important to follow directions. Until they can understand and recognize boundaries, it is so much easier to keep them in the crib, where they can have the best sleep.

# 3

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# Upgrade Eggs Benedict



This recipe serves six. NEWS CANADA

This Eggs Benedict recipe, with asparagus and whole grains, is high in fibre and uses fresh produce.

top with slice of cheese, layer of blanched asparagus and a poached egg. Drizzle with desired amount of hollandaise

sauce and season with salt and pepper. Serve.

NEWS CANADA/ NATURALLYDEMPSTERS. CA.

1. Cook hollandaise sauce according to package directions. Keep warm.

2. Blanch asparagus in boiling water until tender crisp, about 2-3 minutes. Set aside.

3. Bring pot of water to boil. Lower heat to keep water just simmering. Stir in vinegar. Working one egg at a time, crack into a small cup and gently drop into the simmering water. Once all eggs have been added, cook until desired doneness, about 3 minutes for medium poached. Remove eggs from pot with a slotted spoon.

4. Place 2 slices of peameal bacon on each slice of toast,

## Ingredients

- 1 (56 g) package dry hollandaise sauce mix
- 24-30 asparagus spears
- 1 tbsp (15 ml) white vinegar
- 6 eggs
- 12 slices Schneiders Peameal Style Bacon, cooked as per package directions
- 6 slices Dempster's WholeGrains 100% Canadian Century Grains Bread, toasted
- 6 slices swiss cheese
- Salt and pepper

## Healthy eating

### Choose it and lose it

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# Happiness is getting hired

## Staff satisfaction.

A free cup of coffee isn't always the way to make employees love coming to their cubicle

JULIA WEST

Metro World News

Fortune recently released a list of the top 100 companies to work for.

At the top of the list was Google, followed by the analytic software company SAS and CHG Healthcare Services in Salt Lake City.

Each organization varies greatly in size and product, yet they are all developing a positive, successful environment. Looking closer, it appears these companies are doing many of the same things right.

Fun and freedom are a common thread for the companies on Fortune's list.

"If it isn't fun, no one is going to be there for very long. Team outings, ping pong tournaments — whatever fits your culture — create opportunities to laugh and to see each other outside of just your day-to-day professional titles," explains Nick Worswick, corporate vice-president and general manager at Seamless.com.

CHG Healthcare, number three on the list, keeps things lively with employee talent shows and trivia tournaments.

Casual get-togethers and friendly competition often aid in talent recognition and



What would you prefer? A manager who made sure to listen to your every idea or a waterslide that led to your next meeting? ISTOCK

team-building.

These tactics keep employees happy, which is vital in the hospitality business. Coming in at number 28 on Fortune's list was Kimpton Hotels & Restaurants, owners of Philadelphia's Hotel Palomar and Hotel Monaco.

"At Kimpton, fostering a

culture of care with a focus on fun has proven to be a recipe for success," explains Mike Depatie, CEO, Kimpton Hotels & Restaurants.

"Our employees are our brand, which is why we place an incredible amount of emphasis on making them feel their best at work."

## Employee perks

It's safe to say we all want work to be fun, but fun isn't the only thing that makes for happy employees.

- "While perks like free cappuccino, rock-climbing walls and nap rooms are very nice, they remain perks," says Doug Claffey, CEO of employee-survey company Workplace Dynamics

- "What we have found is that while these benefits are nice to have, they

don't drive true employee satisfaction."

- According to a 2012 Workplace Dynamics survey of 1.7 million workers, people most desire the chance to be heard as well as a "visionary and inspirational leader that employees are confident in."

- It probably doesn't hurt, though, if that leader wants to put in a foosball table.

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UNB forward Bryce Swan collides with Huskies forward Ryan Hillier on Sunday night in Saskatoon.

THE CANADIAN PRESS

## Huskies offence dries up vs. UNB

The University of New Brunswick Varsity Reds survived the lowest scoring final in Canadian Interuniversity Sport history to win the University Cup.

Daine Todd and Tyler Carroll, into an empty net, scored as UNB beat the Saint Mary's University Huskies 2-0 on Sunday in the championship game in Saskatoon.

It's the fifth time the Reds have won the tournament after victories in 2011, 2009, 2007 and 1998, all under coach Gardiner MacDougall.

Todd gave UNB an early lead just 10 minutes into the first period, and his team managed to contain the Huskies to the neutral zone for much of the game. UNB finished the game

outshooting Saint Mary's 23-17.

The Huskies pulled goalie Anthony Peters during the last minute of play, allowing Carroll to score on the open net after a turnover.

The result mirrored the contest between the two teams at the Atlantic University Sports conference championships earlier in March, when UNB also

came out on top.

Saint Mary's Lucas Bloodoff, who was named CIS player of the year, played with a broken hand and failed to give his team the offensive boost it needed. He left the tournament without a single point, after being booted out of the two previous games for checks to the head.

THE CANADIAN PRESS

# Mooseheads tie QMJHL record for wins in a season

**Hot Herd.** Halifax goes into playoffs with 15 wins in 16 games



ANDREW RANKIN

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There were no fireworks on this afternoon.

But the Halifax Mooseheads capped a brilliant regular season with a 5-2 victory over the Cape Breton Screaming Eagles before a capacity crowd of 10,595 fans at the Metro Centre on St. Patrick's Day Sunday.

With their 58th victory, the Mooseheads tied the QMJHL record for wins in a single season.

Mooseheads co-captain Trey Lewis said the feat was just one of many the Herd accomplished over the season. The highlight for him came on Feb. 21, when Halifax set a franchise record for wins in one campaign (47).

"This franchise has a 19-year history here so that's pretty special for us and the fans," Lewis said. "I'm just so proud of this team."

Mooseheads forward Jona-

### Round 1

The Halifax Mooseheads will face the Saint John Sea Dogs in the first round of the QMJHL playoffs. Game 1 goes Friday at the Metro Centre at 7 p.m.

than Drouin had his 19-game point streak snapped and Lower Sackville's Ben Duffy of the Prince Edward Island Rocket captured the QMJHL scoring title with 110 points. The pair went into their respective games on Sunday leading the league with 105 points, but Duffy produced a five-point effort against the Saint John Sea Dogs.

The Mooseheads' second line of Matthew Boudreau, Luca Ciampini and Darcy Ashley carried the home squad on Sunday, combining for 10 points.

Boudreau and Ciampini collected a pair of goals, Ashley picked up three helpers while Nathan MacKinnon rounded out the scoring.

"We had a good first period, we slowed down in the second and we picked back up in the third and found the open spaces," Ciampini said.



Cape Breton Screaming Eagles goalie Alex Bureau tracks Halifax Mooseheads forward Jonathan Drouin as he fires the puck during third-period action on Sunday. DEVAAN INGRAHAM FOR METRO

### CIS basketball

## Huskies bounce to bronze in Regina

The Saint Mary's Huskies beat the Calgary Dinos 83-73 on Sunday to earn a bronze medal at the Canadian Interuniversity Sport women's basketball championships in Regina.

Huskies forward Justine Colley of East Preston led all scorers with 33 points along with eight steals and seven

rebounds.

"We challenged them to dig deep and produce a bounce-back effort and that's what they did," Huskies coach Scott Munro said.

The Huskies were thumped 78-49 in Saturday's semifinal matchup against the host University of Regina Cougars.

Munro said he was especially happy with the medal since it was the biggest stage his team has ever competed on. ANDREW RANKIN/METRO



Justine Colley CONTRIBUTED

### NBL Canada

## Rainmen's season ends with loss to Summerside

The Halifax Rainmen ended their disappointing season with a 133-122 road loss to the Summerside Storm in National Basketball League of Canada action on Saturday.

Halifax held a 64-61 lead going into the second half

but the Storm regrouped, outscoring the Rainmen over the next two quarters.

Turnovers proved to be the Rainmen's downfall. The Storm scored 29 points off 19 of them by the Rainmen.

Ex-Rainmen Antoine Tisby collected a game-high 27 points for the Storm while Joey Haywood paced the Rainmen with 26 points.

The Rainmen (19-21) were officially eliminated from playoff contention last Wednesday. METRO



## NBA

## Heat beat Raptors, extend win streak

LeBron James had 22 points, 12 rebounds and eight assists as the Miami Heat extended

their record winning-streak to 22 games with a 108-91 win over the Toronto Raptors on Sunday afternoon.

Dwyane Wade had 24 points and nine assists while Chris Bosh chipped in 18 points for Miami (51-14),

which matched the 2007-08 Houston Rockets at 22 and now trail just the 1971-72 Los Angeles Lakers (33). The Heat moved ahead of the 1970-71 Bucks (20) on Friday, fittingly, in Milwaukee.

THE CANADIAN PRESS




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**metro**



Penguin Sidney Crosby takes a stick to the face while battling Bruin Johnny Boychuk. GENE J. PUSKAR/THE ASSOCIATED PRESS

# Pens edge Bruins for 9th straight win

**NHL.** Injuries to key players Malkin and Letang fail to slow down league's top-scoring team

The reigning NHL MVP is out indefinitely with an upper-body injury. The league's top-scoring defenceman is out, too, apparently because of a lower-body issue.

Still, it hardly matters for the streaking Pittsburgh Penguins.

Sidney Crosby scored his 13th goal, Joe Vitale added his first in more than a year and Tomas Vokoun stopped

**On Sunday**

**2**

Penguins

**1**

Bruins

31 shots as the Penguins beat the Boston Bruins 2-1 on Sunday for their ninth straight win.

"It seems like it's always different guys, so that's what you need in order to have success consistently. We've been getting that lately," Crosby said. "Our depth is a big part of our success. We need to

continue to show that."

The Penguins moved into the top spot in the Eastern Conference even without star centre Evgeni Malkin — who missed his fifth consecutive game — and played the final two periods without defenceman Kris Letang, who didn't return after the first intermission following a seemingly innocuous collision with Boston's Brad Marchand.

The Bruins took advantage of Letang's absence by spending most of the game's final 40 minutes working in Pittsburgh's end of the ice. Still, they had nothing to show for it thanks to the Penguins' suddenly responsible defence. **THE ASSOCIATED PRESS**

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## Horoscopes

### Aries

March 21 - April 20

It may annoy you that you have to explain to others how to do something yet again but some people will be slow in mind as well as body today. Be patient. It will be appreciated – and more effective in the long-term.

### Taurus

April 21 - May 21

If there is something you feel you have to say then say it immediately. The longer you leave it the more controversy there will be when your words do finally come out. It's an important issue, so speak up.

### Gemini

May 22 - June 21

The things you want seem to be coming to you without much of an effort, which is nice, but think how much more you might achieve if you did put yourself out a bit. The world is yours – if you want it.

### Cancer

June 22 - July 23

For some reason various people have got it into their heads that you are a bit of a cold fish. Act with compassion and they will see you in a new light. Act as if you don't care and it will confirm their beliefs.

### Leo

July 24 - Aug. 23

However gloomy your current situation may be it WILL have a happy ending. That may not seem likely right now but before the day is over you will see a glimmer of hope – that will soon be a glaring light.

### Virgo

Aug. 24 - Sept. 23

Once you start on a new course you won't be able to stop, so make sure it's what you really want to be doing. If you have any doubts you should back off a bit.

### Libra

Sept. 24 - Oct. 23

No sooner is one emergency dealt with than another comes hammering at your door. But that's okay, you will take it all in your stride. Your reputation as a fixer will improve in leaps and bounds today.

### Scorpio

Oct. 24 - Nov. 22

Happiness is nothing more than a state of mind, so think pleasant thoughts and most likely you will have a very pleasant day.

### Sagittarius

Nov. 23 - Dec. 21

Take what your heart tells you on trust today and don't worry about backing it up with facts and figures. You should know by now that if you back your hunches there is every chance they will pay off.

### Capricorn

Dec. 22 - Jan. 20

The more you worry the more you will give yourself something to worry about. Negative thoughts encourage negative events, so be positive at all times and believe that only good things will happen.

### Aquarius

Jan. 21 - Feb. 19

A friend or work colleague has a lot to say for themselves but if you analyze their words you will come to the conclusion that they are talking nonsense. Don't worry about their feelings: tell them what you think.

### Pisces

Feb. 20 - March 20

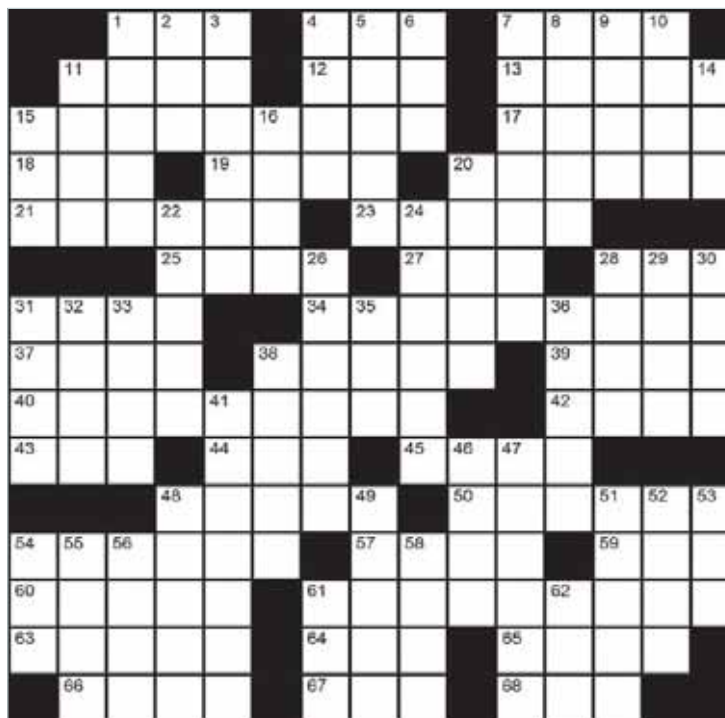
Push money and work worries to the back of your mind where they belong. Family and friendships are what you should be concentrating on. Is there someone you have not seen much of lately? **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

- "Pulp Fiction" (1994) name
- IV units
- \_\_\_ Lewis & The News
- Comparison word
- Particular plaintiffs!
- Beneath
- New \_\_\_
- Boaster's retort: 2 wds.
- 'Speed' suffix (More quick)
- \_\_\_ & Grace"
- CBC's "The Fifth \_\_\_"
- Like many a necklace
- Representative
- Fertilizer ingredient
- 'Hallow' add-on
- Philosophical†principle
- Author, Earl \_\_\_ Biggers
- Quebec's Eastern \_\_\_

- Whizzes
- Angelic
- Butter substitute
- Canadian pop/opera quartet: 2 wds.
- The Himalayas, e.g.
- Perfect
- As well
- Domesticated
- Long-standing tiffs
- American store replacing Zellers
- Classical composer
- \_\_\_ & The Gang
- Lyric poem
- Mr. Cassidy (1970s heartthrob)
- Like King Tut's



- remains
- Shania Twain's "I'm \_\_\_ Getcha Good"
  - Alcoholic beverage
  - U.S. state, for short
  - "Kiss from a Rose" singer
  - CNN's sister station
  - Unit of work

### Down

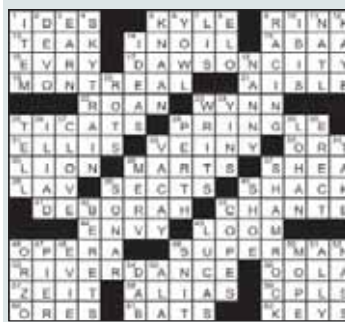
- "Star Trek" character
- "I'm Your \_\_\_" by Leonard Cohen
- Barenaked Ladies' "Call and \_\_\_"
- Spring
- Go by bike
- Roughriders, on scoreboards

- The Bay's back-to-roots name, \_\_\_ Bay
- Accord
- Old Icelandic literary work
- Beatles ballad, briefly
- Forest fixture
- \_\_\_ v. Wade
- Diner's shirt protector
- Broad

- Happening
- Fred of Limp Bizkit
- Most modern
- Canadian author Margaret
- Pinball infraction
- "Does anyone have \_\_\_?" (Notepad-holder's query)
- Bears, in Barcelona
- Info
- Canyon feedback
- Stench
- Atop, in verse
- Bart Simpson's dad
- Anteater's nozzle
- Jim Carrey movie, "\_\_\_ Sunshine of the Spotless Mind" (2004)
- Director Mr. Egoyan
- Venom
- Flora and \_\_\_
- Palaeontological find
- Auctioneer's word with Once, Twice...
- Shangri-la
- Keanu's 'excellent' character
- Food additive letters
- Cries of surprise!
- "Titanic" (1997)

- star Billy
- Harbinger
- \_\_\_jongg
- 'F' in FWIW

## Friday's Crossword

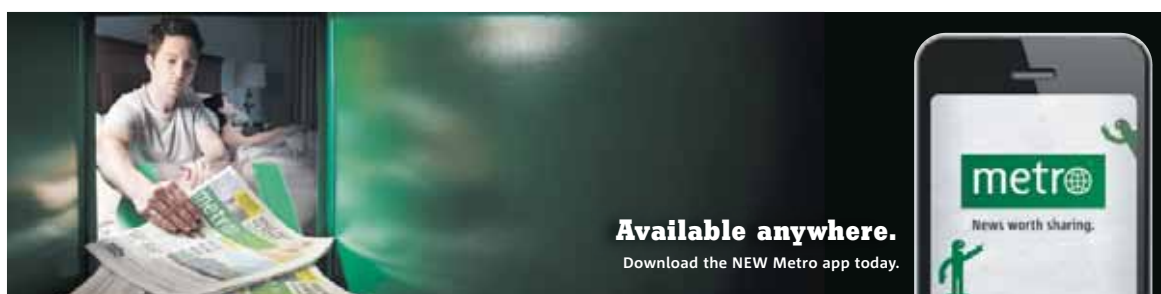
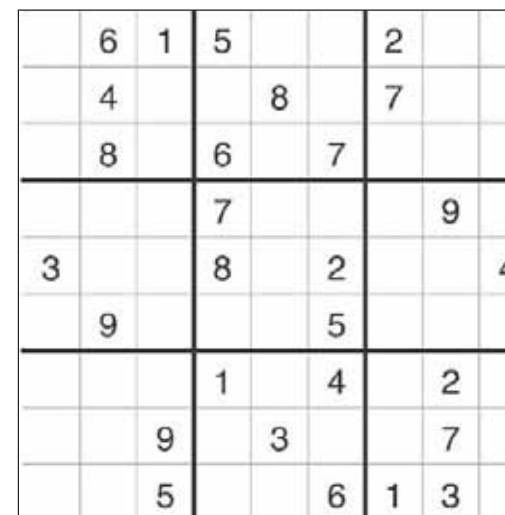
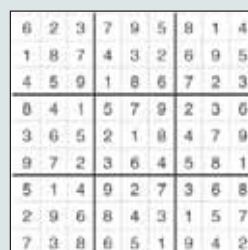


## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Friday's Sudoku



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# Almighty

**The Q Morning Crew  
plays God this month.  
Mornings, 6 - 10am.**